

# MotivateMe



## Let's Get Started!

- 1) Complete your annual preventive physical exam with your primary care physician. This step earns you \$100 in rewards and then allows you to earn other rewards throughout the year.
- 2) Activities will be tracked and logged through your health plan website. CIGNA members can track their points through [mycigna.com](http://mycigna.com). Kaiser members can track through [kp.org/engage](http://kp.org/engage). Items marked with a \* below must be self-reported to receive credit. You will not see credit for some activities until your Annual Physical has been processed and recorded in the system.

Goal Type	Description	Award Type	Amount
Complete your annual physical (preventive exam)	A preventive exam including lab work that's used to reinforce good health, and address potential or chronic programs. <i>Credit will not be visible or credited until claim has been processed</i>	Required One per Year	\$100
Complete a Health Assessment	A confidential questionnaire that asks about your health and well-being and provides a personalized report on your health status.	One per year	\$25
Complete Online Health Coaching: My Health Assistant Program	<u>Online Health Coaching Program topics:</u> Improve your Nutrition Exercise for Better Health Maintain a Positive Mood Work towards a Healthier Weight Manage our Stress Quit Tobacco – Six Month Program	Two per year	\$10
Telephonic Health Coaching	<u>Reach your health goals with a telephonic health coach:</u> Make progress towards a personal health goal Get help improving my lifestyle habits – Tobacco Get help improving my lifestyle habits – Weight Get help improving my lifestyle habits – Stress	Two per year	\$10
Get a Dental Exam*	Visit your dentist at least once (but we recommend twice) this year for your dental/oral examination.	Two per year	\$5
Get your annual vision screening* (preventive exam)	Visit your eye doctor for an annual vision exam.	One per year	\$5
Participate in a Wellness Workshop*	When participating in a LiveWell sponsored workshop you'll earn an award. This includes live, on-site, one-time or multi-week workshops.	Two per year	\$10
Attend a LiveWell Sponsored Webinar*	Throughout the year you'll be invited to attend an assortment of live, LiveWell sponsored webinars.	Three per year	\$10